GLOBAL GRIEF NETWORK | LEARNER TOOLS

Reflection Journal: Eight Weeks of Prompts

Weekly prompts for noticing, remembering, and caring for yourself



About this page: Use it at your own pace, one week at a time. Start at Week 1 or anywhere that speaks to you.

Grief does not move in a straight line, and there is no right way to journal. There is one page for each of eight weeks, with three prompts each. Write as much or as little as you like, skip anything that does not fit, and come back to any week whenever you want. Some people write a little every day; others write once a week.

Go gently

If writing brings up more than you can hold, stop, take a break, and do something steadying. You can return later or not at all. This journal is for reflection and learning. It is not a substitute for licensed mental health care.

Before you begin

Date I am starting

Who or what I am grieving

Why I am keeping this journal, and what I hope it gives me

Where and when I will write (a time and place that feels comfortable)

In immediate danger: call 911. 988 Suicide & Crisis Lifeline: call or text **988** (US). Elsewhere, use your local emergency number and crisis line.

Week 1: Where I am today

Dates of this week

This week, my grief has felt (circle or click one)

0 1 2 3 4 5 6 7 8 9 10

0 = very light 10 = very heavy

What has this week been like, in a few honest words?

What do I most want others to understand about my loss right now?

One thing that helped, even a little:

Week 2: The person or thing I lost

Dates of this week

This week, my grief has felt (circle or click one)

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

0 = very light 10 = very heavy

What would I want a stranger to know about who or what I lost?

A small, ordinary memory I want to keep:

Something I miss that might surprise people:

Week 3: Grief in my body and days

Dates of this week

This week, my grief has felt (circle or click one)

0 1 2 3 4 5 6 7 8 9 10

0 = very light 10 = very heavy

Where do I notice grief in my body (sleep, appetite, energy, tension)?

What time of day is hardest, and why might that be?

One gentle thing I could do for my body this week:

Week 4: The people around me

Dates of this week

This week, my grief has felt (circle or click one)

0 1 2 3 4 5 6 7 8 9 10

0 = very light 10 = very heavy

Who has shown up for me, and how?

Where have I felt alone or misunderstood?

One person I could let a little closer, and what I might ask of them:

Week 5: What has changed

Dates of this week

This week, my grief has felt (circle or click one)

0 1 2 3 4 5 6 7 8 9 10

0 = very light 10 = very heavy

Besides the loss itself, what else has changed in my life (roles, routines, plans)?

Which change feels heaviest right now?

Which change, if any, holds something I want to protect?

Week 6: Carrying them with me

Dates of this week

This week, my grief has felt (circle or click one)

0 1 2 3 4 5 6 7 8 9 10

0 = very light 10 = very heavy

What values, sayings, or habits of theirs do I want to carry forward?

Where or when do I feel most connected to them?

A small ritual I might try this week:

Week 7: Hard feelings

Dates of this week

This week, my grief has felt (circle or click one)

0 1 2 3 4 5 6 7 8 9 10

0 = very light 10 = very heavy

Are there feelings I have not said out loud, such as anger, guilt, relief, or regret?

If a friend felt this way, what would I say to them?

What would it be like to offer myself the same words?

Week 8: Looking back, looking ahead

Dates of this week

This week, my grief has felt (circle or click one)

○ 0 ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

0 = very light 10 = very heavy

Reading back over these weeks, what do I notice?

What has helped most, and what do I want more of?

One hope, however small, for the coming month:

After eight weeks

Three things I have learned about my grief

What I want to keep doing

Help is available, any time

If you or someone else is in immediate danger, call 911 (or your local emergency number).

988 Suicide & Crisis Lifeline: call or text **988**, or chat at 988lifeline.org (United States). Free, confidential, 24 hours a day.

Outside the United States, contact your local emergency number and crisis line.

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